

Dreams & Nightmares

Objectives:

- Break the ice
- Allow opportunities to build teams
- Relieve tension associated with a topic
- Become better acquainted
- Provide focus on the topic

Class Length: 2 hours or longer

Audience: Any

Group Size: Up to 70, in subgroups of 5-7

Time: 5-8 Minutes

Equipment:

- Two 3" X 5" index cards per participant that are two different colors
- Transparency of the sample card template

Additional Notes:

- This activity is best preceded by a team opener, so that individuals feel safe and part of a team before beginning. The exercise is humorous, stimulates conversations, and helps participants realize they're not alone in their feelings.

Process:

- Give every participant 2 index cards (1 of each color) and asks them to label the cards "dreams" and "nightmares". Instruct people to not put their names on the cards.
- Ask everyone to list their positive feelings about the topic you give them on the dream card.
- Ask everyone to list their negative feelings about the topic on the nightmare card.
- Everyone then shares their dreams and nightmares within their own teams.
- The trainer collects the cards, sorts them into dreams and nightmares, and then posts what everyone has written for the participants to read during breaks.

Options:

- Give participants 3-5 small sticker dots to post on the dreams and nightmares they share after they have been posted.
- Teams can suggest ground rules or guidelines for the class that would help the dreams come true and banish the nightmares.
- Periodically, give people a chance to revisit the cards. As the dreams come true, the trainer can have participants mark that card in a special way, perhaps with stars or colored border. As the nightmares are banished, the participant who wrote it can put a big "X" through the card with a marker.